

# Standardized Recipe Form

Recipe Name Three Bean Soup      Category Entrée      Recipe # \_\_\_\_\_

(i.e., entrée, breads)

Process: 2      (1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Pinto beans*	1 1/8 #10 can	2 1/4 #10 can	Measure water and chicken base in large pot. Add northern beans, cook until almost tender. Then add onion, celery and carrots. Cook for 15 minutes. Add all other ingredients. Simmer for about 45 minutes; to reach temperature of 165° F.  Hold and serve at 135° F.  This recipe can be made with 1/2 ham and 1/2 sausage crumbles.
Kidney beans*	1 #10 can	2 1/4 #10 can	
Dry Northern beans	1 lb 7/8 oz	2 lb + 1 2/3 oz	
Onions	1 cup + 1/2 Tbsp	2 cup + 1 1/2 Tbsp	
Celery	1 1/2 cup + 1 Tbsp	3 1/8 cup + 1/2 Tbsp	
Carrots (Local)	1 1/2 cup + 1 Tbsp	3 1/8 cup + 1/2 Tbsp	
Water	1 1/2 gal + 1 1/4 cup	3 gal + 2 1/2 cup	
Ham or chicken base	1/8 cup	1/4 cup	
Diced ham	1 qt + 1/4 cup	2 qt + 1/2 cup	
Thyme	1/2 tsp	1 tsp	
Salt	1/2 tsp	1 tsp	
Pepper	1/2 tsp	1 tsp	
Garlic	1/2 tsp	1 tsp	

Serving Size 3/4 cup

Pan Size large stock pot

**Oven Temperature & Baking Time:**

Yield \_\_\_\_\_

Number of Pans 1

Temperature                      Minutes

Conventional \_\_\_\_\_

Convection \_\_\_\_\_

**Meal Pattern (Based on Serving Size):** \_\_\_\_\_

1.75 oz Meat/Meat Alternative (provides .4 cup beans)

\_\_\_\_\_ Fruit/Vegetable

\_\_\_\_\_ Grains/Breads

If available, **Nutrition Analysis:**      **Serving Size:** \_\_\_\_\_

139 Calories      0.48 Saturated Fat (g)      1.9 Vitamin C (mg)

9.79 Protein (g)      548 Sodium (mg)      695 Vitamin A (IU)

1.71 Total Fat (g)      6.91 Fiber (g)      65.1 Calcium (mg)

11.0 % Calories from Total Fat      2.23 Iron (mg)

This recipe is from Sharon Groom, Dixon Schools, Dixon, Montana.